Volume 11, Number 2 January 27-February 9, 1996

UCSF Newsbreak

Lisa Cisneros and Michele Firpo

Martin Luther King Jr. Week at UCSF

On passion, pride, politics and principles

By LISA CISNEROS

Expressing pride and passion, UCSF students, faculty and staff celebrated ethnic diversity and debated the politics and principles of affirmative action during an eventful week commemorating Martin Luther King Jr.

During the week, psychiatrist H. Westley Clark, Freeman Bradley, director of Instructional Research and Support Services, and fourth-year medical student Mallika J. Marshall received the Martin Luther King Jr. Award for their work in affirmative action. Chancellor Joseph B. Martin and Haile Debas, dean of the School of Medicine, also were honored by the Council of Minority Organizations for their work to promote diversity on campus.

Climaxing activities such as a multicultural festival and a film screening of the "Color of Fear" (see sidebar below), the UC Board of Regents refused to reverse its July decision to abolish affirmative action at its Jan. 18 meeting at Laurel Heights. With a vote of 12 to 4 the Regents postponed indefinitely student regent Edward Gomez's proposals to revive the policy of race- and gender-based preferences for admission, hiring and contracting.

"It was the right decision then. It's the right decision now," Gov. Wilson told the board. "Racial preferences are by definition racial discrimination.

Wilson urged the Regents to adopt a clear policy on affirmative action and not to delegate that responsibility to UC administration or faculty members. "We have had benefit of their opinion — at great length," he said.

But many UC faculty members begged to differ. Saying they did not have ample opportunity to share their opinion on the affirmative action policy, faculty criticized the Regents for failing to adhere to the system of shared governance, an established method that gives them a role in deciding educational policy.

However, William Wara, chair of UCSF's Academic Senate and a professor in radiation oncology, is optimistic about the Regents' postponement of the affirmative action issue. "I view the Regents' decision as a good

(See WEEK on page 3)

Film ignites emotions, positive action on campus

By ANDY EVANGELISTA

The topic of affirmative action is broached only briefly in "The Color of Fear," but the spontaneous, yet eloquent, dialogue throughout the 90-minute film explains why this issue is so meaningful to some and so misunderstood by others.

The film, which examines racism and the current state of race relations through the eyes and voices of eight men of various ethnicities, was viewed by some 500 people at the Parnassus campus and UCSF/Mount Zion as part of a week of activities celebrating the life of Martin Luther King Jr.

Ironically, one campus viewing took place at the same time the UC Regents were hearing arguments to reconsider their vote to dismantle affirmative action. "The Regents should be locked in a room and forced to watch this," said Hilary Pritchard, an analyst in the School of Dentistry. Her comments were echoed by others who had just watched the award-winning film produced and directed by Lee Mun Wah of Oakland.

(See FILM on page 3)

Study shows enzyme may protect heart

By RUTHANN RICHTER

UCSF researchers have discovered that laboratory mice deprived of a key enzyme develop a form of heart disease and die within 10 days.

The study provides further evidence of the protective effects of the enzyme known as superoxide dismutase (SOD) and opens a new area of research on this important molecule, said Charles J. Epstein, UCSF professor of pediatrics and the senior scientist on the study.

SOD neutralizes oxygen free radicals, which are released during the normal process of oxygen metabolism. These harmful free radicals are believed to contribute to the process of aging and may be involved in the development of cancer, Parkinson's disease, stroke and other diseases, Epstein said. The latest study suggests SOD may protect against free radical damage to the heart, he said.

"The heart is most vulnerable because it is a very high-energy organ, so we constantly have to generate energy to the heart. The heart contains the greatest amount of manganese SOD, which suggests it probably requires the protective effect of this enzyme to a greater extent," Epstein said.

The researchers knocked out the gene for one form of the enzyme, called manganese SOD (MnSOD). MnSOD is found in the mitochondria, the cell's energy-generating factory. The mice who lacked the enzyme developed dilated cardiomyopathy, a form of heart disease in which the organ becomes enlarged, weakened and ultimately fails, the researchers reported in the December issue of the journal Nature Genetics.

Most free radicals are created in the mitochondria during the process of generating energy that can be used in the body. If MnSOD is not present, enzymes inside the mitochrondria that are key to this process

(See MICE on page 7)

Chancellor gives upbeat state of campus address

By LISA CISNEROS

Two-and-a-half years into his tenure as Chancellor at UCSF, Joseph B. Martin gave an upbeat state of the campus address Jan. 22 saying that UCSF is not merely reacting to the challenges of today, it is proactively preparing for what may come tomorrow.

Whether it's long-range planning to expand to a second campus to consolidate people and programs scattered throughout San Francisco and ease crowding on Parnassus, revamping academic programs and health care services to meet the demands of a cost-conscious market, or investing in an integrated information system to link all campus sites together and to the world, Martin says much work is being done on multiple fronts to see that UCSF is ready for the future.

Most remarkably, perhaps, is that students, faculty and staff are working together in ways they never have before to shape their own destiny. Martin has established task forces to review and make recommendations on major issues affecting everyone who works at UCSF, including how to adapt to health care reform, expand research opportunities, maintain diversity and improve campus life.

"Over 30 years we have become the envy of most of our counterparts across the country by the very character of our growth and the quality of our endeavors," says Martin, crediting the ingenuity of the faculty for the scientific excellence of the campus.

During his hour-long speech at Cole Hall, Martin discussed a number of ongoing projects. Here are some of the highlights:

♦ **Clinical enterprise:** UCSF is exploring possibilities for clinical integration with Stanford and California Pacific Medical Center. Martin says he expects some outcome from these negotiations in the next few months.

♦ **Intellectual property:** The Chancellor's Advisory Committee on Intellectual Property recommended that UCSF establish a full-service, free-standing office to boost revenues for research and development. Recruitment is under way for a director of a new Office of Academic/Industry Relations.

♦ **Information systems:** UCSF began fund-

(See CHANCELLOR on page 7)

NIH gets funding through Sept. '96

Researchers at UCSF may be able to breathe a sigh of relief now that The National Institutes of Health has emerged from the federal budget process with 5.7 percent more money than last fiscal year.

Congress passed the NIH's $12 billion budget on Jan. 5 in a bill signed by the President shortly after midnight on Jan. 6. The NIH's funding will continue through the end of the federal fiscal year on Sept. 30.

Some issues may remain to be resolved before the NIH appropriation is really free and clear. For the latest developments, researchers can visit the NIH web site at http://www.nih.gov.

Chancellor Joseph Martin thanked Sen. Arlen Specter, chair of the Senate Labor, Health and Human Services and Education Appropriations Sub-Committee, and his counterpart in the House, Rep. John Porter, for their leadership in funding during the tumultuous time in Washington.

UCSF received nearly $200 million in fiscal year 1994 for research from the NIH, which awarded 740 grants for projects conducted in its four schools.

Prop. 203 would give UCSF $19 million

By BILL GORDON

California voters will be asked on the March 26 primary ballot to approve Proposition 203, a $3 billion bond issue for construction and renovation of the state's public schools, community colleges and universities.

This is the first time that higher education has joined with K-12 schools in a joint bond measure campaign. Two-thirds of the money ($2.03 billion) would be earmarked for construction projects at public elementary and secondary schools. The remainder ($975 million) would be provided for community colleges and universities.

The University of California would receive about a third of the share allocated for higher education to pay for seismic safety improvements, essential infrastructure upgrade and replacement, and critical fire and life safety improvements. The UC Board of Regents endorsed the statewide measure at its meeting Jan. 19.

Previous bond measures provided UCSF with funds to construct the library, replace campus fire alarms and fire protection water supply systems, make necessary improvements in the electrical systems and upgrade laboratory emergency shower and eyewash systems.

Prop 203 would bring UCSF a total of $19.26 million for the following safety

(See BOND on page 2)

Gazette

Miramontes named to presidential council

Michele Firpo

Helen M. Miramontes

Helen M. Miramontes, associate clinical professor of mental health, community & administrative nursing, has been named to the 30-member Presidential Advisory Council on HIV/AIDS.

The council has been established at the Department of Health and Human Services to provide advice, information and recommendations to the President and other administrative personnel regarding programs and policies to advocate effective prevention of HIV disease, advance research on HIV and AIDS, and promote quality services to persons living with HIV disease and AIDS.

In addition to her position at UCSF, Miramontes is deputy director, International Center for HIV/AIDS Research and Clinical Training in Nursing, School of Nursing.

Lisa Cisneros

At an award ceremony with George Kenyon, dean of the School of Pharmacy, are Goyan award recipients, right to left, Albert, Lew and Miller.

Goyan award rewards outstanding work

Doris Lew and Shelley Albert, both second-year pharmacy students, and Jennifer Miller, a graduate student specializing in the molecular dynamics of RNA, were recent recipients of The Frank M. Goyan Endowment Fund.

The fund was established in 1992 by Richard Johnson and Larry Fischer, both 1965 graduates of the School of Pharmacy, in honor of their former professor, "Uncle Frank" Goyan, a scholar and inventor of the PH meter. During Goyan's 44-year tenure at the School of Pharmacy, his generosity and interest in the education and welfare of his students was legendary.

The fund has grown through contributions of the many friends of Goyan.

Lew and Albert received $150 each for receiving the highest scores in Physical Chemistry/Physical Pharmacy. Miller, whose research using computational methods has led to the first stable and accurate description of the detailed three-dimensional structure of RNA hairpin loop, received a cash award of $1,500. Currently, Miller is investigating the difference in structure and dynamics between corresponding sequences of RNA and DNA. She has also developed powerful new approaches to understanding the solvation properties of nucleic acid bases and these approaches will facilitate future studies of sequence-dependent binding of drugs to nucleic acids.

Private Support

UCSF is pleased to acknowledge the following partial listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received Dec. 15 - 31, 1995. These gifts/pledges arrived during the final phase of UCSF's Strength to Strength fundraising campaign.

$1 Million or more
Anonymous
Howard Hughes Medical Institute
W.M. Keck Foundation
Estate of Kathleen Mahoney Plant
Carol Buck Plummer

$100,000 - $499,000
The Arthritis Foundation
The EJLB Foundation
The Henry J. Kaiser Family Foundation
The Bernard Osher Foundation
Mildred E. Peters
Estate of Ruth O. Relvas
Mr. and Mrs. Ray C. Robinson, Jr.

$25,000 - $99,000
Anonymous
Robert B. Aird
American Cyanamid Company
Anesthesia Patient Safety Foundation
John D. Baxter
Mr. and Mrs. Bart Broadman
Chow Tai Fook Jewerly Company, LTD.
John A. Clements
Edward J. Connor
Edward Joseph Daly Foundation
Davidson/Sinai Research Foundation
Genentech Foundation for Growth and Development
Genentech Foundation for Biomedical Sciences
Selna L. Kaplan
Estate of Pearlie B. Lee
Mary MacWilliam
Megabios Corporation
Microsoft Corporation
Way Trust

Contracts & Grants

Information on contracts and grants is made available to this paper through individual departments, researchers or the funding agency.

Cheryl Reilly, fourth-year student, mental health, community & administrative nursing: Received $21,113 from Agency for Health Care Policy & Research for "The Impact of Trending HIV Symptoms on Patient Outcomes."

Janice Chiyomi Stinson, family health care nursing: Received $81,773 from the Tri-Service Nursing Reseach Program, Dept. of Defense, for "Association of Fatigue in Pre-Term Birth in Active Military Women."

Laurence S. Baskin, urology & pediatrics: Received a five-year NIH Clinical Investigator Award for Young Investigators for $431,335 for "Cell-Cell Interactions in Bladder Development."

UCSF gets major grants to support R & D

UCSF will receive $4 million in special grants from the Howard Hughes Medical Institute to help support promising research by young faculty members and to encourage experimental research with the best chance of being translated into clinical knowledge.

UCSF was one of only two institutions nationwide to be awarded the full $4 million worth of grants for which medical schools were eligible to apply. A total of 30 such schools in the US will share $80 million to be provided over a four-year period.

"It is an honor to be recognized by the Institute and a credit to the outstanding work of our faculty," says Haile T. Debas, dean of the UCSF School of Medicine. "These grants recognize UCSF as a place of exciting and strikingly original advances and a unique and interactive environment for research and learning." Declining federal and state support for research and universities, coupled with uncertainties surrounding health care delivery, place the efforts of the nation's finest young scientists at great risk, Debas notes.

In announcing the grants, the Institute stated that the funds are intended to support young faculty members and small pilot projects, maintain and update existing research facilities, enhance scientific communication and provide for unexpected demands on research budgets.

UCSF plans to spend the money in three ways: to help launch research programs of new faculty members, renovate labs and buy new equipment and to support projects using transgenic mice as a model of human diseases. Transgenic animals, typically mice, have been developed with special genetic properties that enable them to be used as models for genetic diseases and for gene therapy. J. Michael Bishop, professor of microbiology and immunology and director of the George W. Hooper Foundation, will serve as UCSF's program director of the Institute's grant.

Other recent announcements of major grants awarded to UCSF include:

♦ The Pew Charitable Trusts awarded $4 million each to the 1997 and 1998 classes of Pew Biomedical Scholars and $4 million each to the 1997 and 1998 Latin American Fellows to support their research activities. The Pew Charitable Trusts also gave $1.9 million to promote and facilitate implementation of the training and workforce recommendations of the Pew Health Professions Commission.

♦ The W. M. Keck Foundation gave $2.5 million to renovate and expand a laboratory for research in neurodegeneration at UCSF's School of Medicine.

Bond *(from page 1)*

and utility construction projects:

♦ Medical Sciences Building Safety and Utility Improvements — $12.7 million. Since the Medical Sciences Building was constructed in 1954, instruction and research programs have begun to use a greater number and variety of hazardous and flammable chemicals and use laboratory equipment more intensively. Fire separation systems in the building are no longer sufficient.

The planned construction program would provide fire barriers between the Medical Science Building and adjacent buildings and within the Medical Science Building. It also would provide additional capacity for fume hoods in the building to exhaust toxic vapors and an upgraded electrical system.

The current electrical system is operating in excess of normal capacity, leaving the building vulnerable to a power failure that could cause a black-out of extended duration.

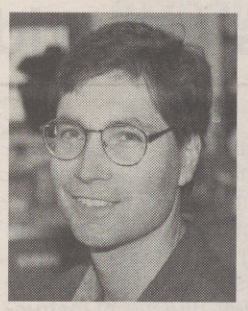
♦ Oyster Point Seismic Improvements — $985,000. The Oyster Point building, which is rated seismically poor, would be structurally strengthened and would install a fire sprinkler system in the storage area of the building.

The Medical Science and Oyster Point projects would be funded in fiscal year 1996-97, the first year of the bond program A third project is planned for the second year of the bond issue program.

♦ Chilled Water System — $5.58 million in 1997-98. This project would provide chilled water to reduce the critical heat load in campus laboratory buildings.

Most buildings at Parnassus Heights were constructed without air conditioning, but more intensive use of heat-producing laboratory equipment has increased the need for cooling. Window and wall air conditioners currently provide spot cooling around the campus but the individual units are not sufficient to handle the demand.

Hauser wins research fellowship



Hauser

Alan R. Hauser, a fellow in the division of infectious diseases, has won a postdoctoral research fellowship from the Damon Runyon-Walter Winchell Foundation worth $149,000. Hauser's research, which he performs in the lab of assistant professor of medicine and infectious diseases Joanne Engel, involves the characterization of *Pseudomonas aeruginosa* virulence factors, which are important in the pathogenesis of hospital-acquired pneumonia.

Hauser received his medical degree and doctoral degree in microbiology at the University of Minnesota, where he also completed a residency in internal medicine.

SFGH halts lung cancer prevention study

A major national study to determine whether beta carotene and vitamin A can prevent lung cancer has been halted early as interim results suggest that supplements of these vitamins are of no benefit and may cause harm, researchers announced Jan. 18.

The study, sponsored by the National Cancer Institute, involved more than 18,000 participants at six sites nationwide, including 850 at the UCSF-affiliated SFGH. All participants have been notified that they should discontinue taking the supplements.

"It appears that large doses of beta carotene and vitamin A may increase the risk of cancer in people who are already at risk. So taking a lot of beta carotene in pill form is not a good idea," said John Balmes, UCSF professor of medicine and a principal investigator in the study. "People should still eat lots of fruits and vegetables in their diet. We have no evidence that multi-vitamins containing these supplements are bad for people. Multi-vitamins usually contain lower levels of beta carotene than we studied."

Balmes said the clinical trial, called the Carotene and Retinoid Efficacy Trial (CARET), was based on previous epidemiological studies showing that people whose diets are high in beta carotene, the form of vitamin A found in fruits and vegetables, have lower rates of cancer and heart disease. To test this out, the researchers gave large doses of beta carotene, for which there is no Recommended Daily Allowance (RDA), and approximately 7.5 times the RDA of Vitamin A to current and former smokers and asbestos-exposed workers, all considered at high risk of lung cancer. Rather than reducing their risk, the interim results showed 28 percent more lung cancers and 17 percent more deaths among participants who received the supplements. The results are similar to those reported in a 1994 study involving more than 29,000 male smokers in Finland who were given large doses of beta carotene and vitamin E, Balmes said.

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Deadline for the next issue, which will cover February 10-23, 1996, will be on **Tuesday, Jan. 30, at 11 a.m.** Please send campus and Medical Center news copy to Lisa Cisneros (476-3256 or lisa_cisneros@quickmail.ucsf.edu), and calendar and gazette items to Michele Firpo (476-3257 or michele_firpo@quickmail.ucsf.edu), all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If you feel you need to view this communication in an alternate format, please contact Lisa Cisneros at 476-3256 with your suggestions.

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PharmChem student is Websex pioneer

By NICK MONTFORT

In June 1994, when the World Wide Web still sounded like a conspiracy theory to most people, a computer-savvy Ph.D. candidate in pharmaceutical chemistry named John Troyer was pondering how to create a definitive Web site, one that would attract many future visitors. He picked a topic that was sure to be of lasting interest to Internet surfers: Sex.

He didn't archive digitized photos of supermodels, though. Instead, he chose to craft a Web site focusing on health and sexuality — on safer sex.

Troyer began assembling the Safer Sex Page, a hypertext document about methods of protecting against AIDS and other sexually transmitted diseases. "There was safe sex information on the Internet, but it was scattered around, and a lot of it was under gay and lesbian sites," says Troyer. "So I thought it would be useful to gather it all in one place, and put it in a place that wasn't labeled 'gay,' so other people wouldn't be afraid to look at it."

The site, which has resided on UCSF computers since its inception, has grown, and succeeded in drawing many visitors and much acclaim. It now can be found at http://www.cmpharm.ucsf.edu/~troyer/safesex.html, but will soon move to http://www.safersex.org/, where it will be sponsored by Cyborganic Corp. (For the UCSF Web story on the Safer Sex pages, go to http://www.ucsf.edu and select New & Now.)

Key features of the site are a general area for safer sex information, a section for condom information, and a collection of resources for counselors and health educators. There have also been monthly interactive forums, where Web readers can post comments — anonymously, if they wish. Forum topics have included "Masturbation: What's the big deal?" and "What's in your Safer Sex Kit?"

The first incarnation of the Safer Sex Page was "an evening's work," Troyer explains, a small collection of pointers to other resources. Since then, he has added materials specially prepared for the Web, more links to other sites, and the interactive forums. What was once a collection of about a dozen links now offers 50 megabytes of multimedia information — so much data it would take four hours to download it all over a normal phone line, using the fastest available modem.

Troyer hopes the content will expand further. "The vision for it is to become a complete site, a site for all sorts of sexual health information," he says. "I'm organizing an editorial board to help me actually do the work ... and I hope to have a scientific advisory board." (He's actively looking for volunteers.)

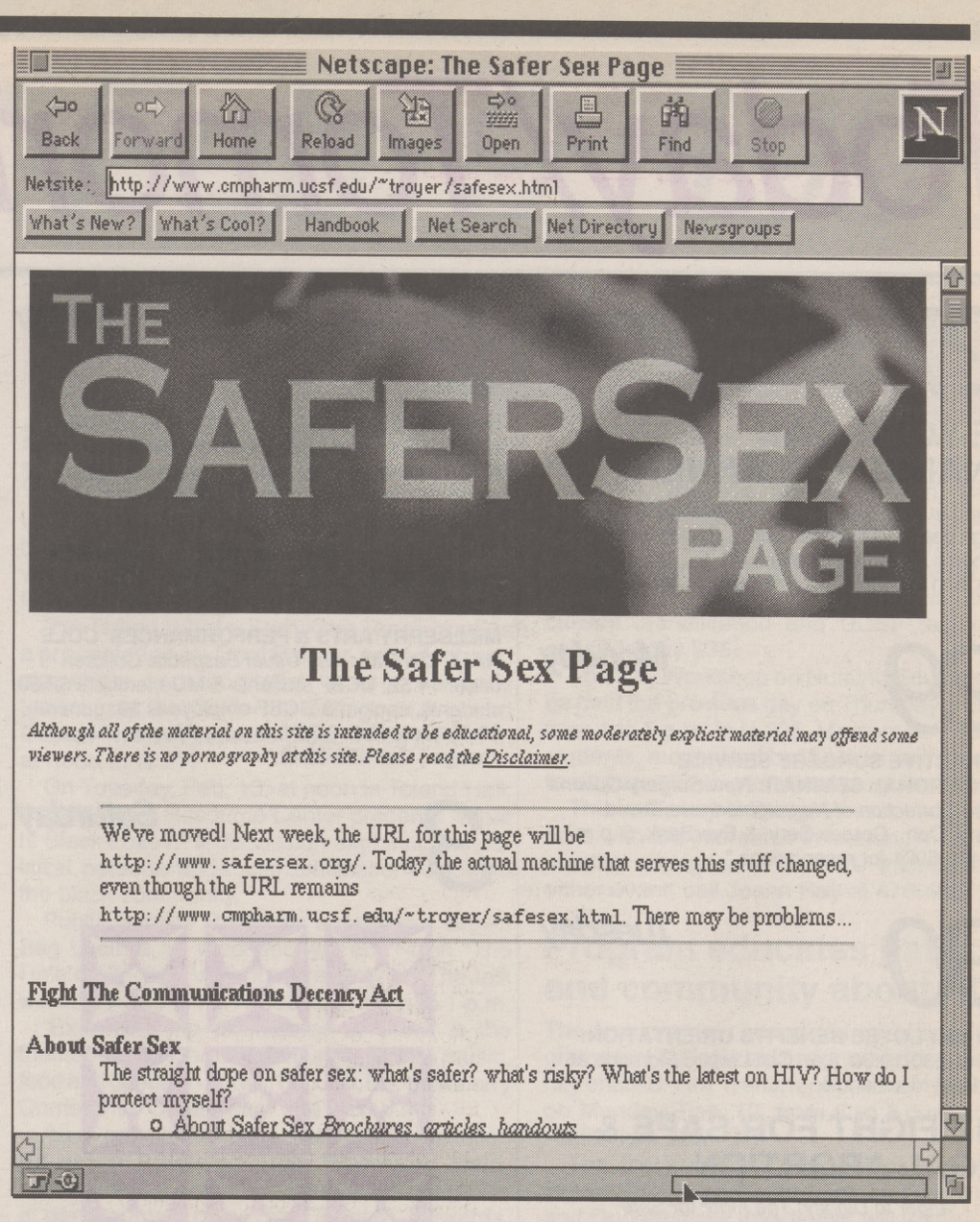
After the page's debut, word spread within weeks beyond the UCSF campus and the number of people viewing the site began increasing exponentially. When Troyer quit keeping statistics on visitors six months ago — when Web use was considerably less than the present — the main index to the Safer Sex Page was being requested more than 15,000 times each week.

As the amount of data on the site and the number of visitors have grown, so has the Safer Sex Page's reputation. A link to Troyer's site is found in the canonical document for the alt.sex newsgroup, a worldwide forum for discussion of sexual topics. The Safer Sex Page is listed up front, in the main index, the only external Web resource mentioned in this list of answers to frequently asked questions. The site also received a "Top 5% of the Web" rating from Point Communications.

Challenging cyperspace censorship

The site's high visibility could cause problems, however, if the proposed telecommunications legislation passes Congress. This legislation contains a provision that would outlaw "indecent" Web content. (A recent article in The Chronicle of Higher Education explored this issue in depth.) Troyer doesn't see the site as indecent, saying, "You've seen more sexually explicit Calvin Klein ads." However, he acknowledges that others might see things differently and has agreed to work with lawyers from the American Civil Liberties Union and the Electronic Frontier Foundation to challenge the law should it pass. The critical issue for some legislators is how to restrict access within a medium that until now has flourished by being roguishly democratic. Others are more emphatic, arguing that teenagers or younger children might visit these pages and learn things about condoms, masturbation or homosexuality, for example, that they believe contradict family mores.

Troyer counters with a different perspective.


Netscape: The Safer Sex Page
Back
Forward
Home
Reload
Images
Open
Print
Find
Stop
Netsite: http://www.cmpharm.ucsf.edu/~troyer/safesex.html
What's New?
What's Cool?
Handbook
Net Search
Net Directory
Newsgroups
THE SAFERSEX PAGE
The Safer Sex Page
Although all of the material on this site is intended to be educational, some moderately explicit material may offend some viewers. There is no pornography at this site. Please read the Disclaimer.
We've moved! Next week, the URL for this page will be http://www.safersex.org/. Today, the actual machine that serves this stuff changed, even though the URL remains http://www.cmpharm.ucsf.edu/~troyer/safesex.html. There may be problems...
Fight The Communications Decency Act
About Safer Sex
The straight dope on safer sex: what's safer? what's risky? What's the latest on HIV? How do I protect myself?
About Safer Sex Brochures, articles, handouts

"I don't know what our demographics are. I suspect they contain a lot of college freshmen looking for naked women." But even though the audience likely does not include groups in real need of safer sex information, such as inner-city IV drug users, Troyer believes the availability of the information is important. For while pages on the Web cannot replace face-to-face counseling — "After starting this project, I now greatly appreciate health educators" — there are certain advantages: The distribution is practically free, people can read about sexual health anonymously, and information can be organized differently for different groups of people.

Also, the Web has the ability to offer information to the planet. "I've gotten feedback from all over the world ... Singapore, Armenia, China, Brazil, Mexico, and all over the place," says Troyer. Not bad, for what started out as an evening's work a year and a half ago.

Nick Montfort is a freelance writer who majored in computer science and liberal arts at the University of Texas

Lisa Cisneros

Lily Cai's Chinese Dance Troupe performs at the cultural fair.

Week *(from page 1)*

compromise. Maybe it's good to set this issue aside for awhile to let everyone cool down. It's not over."

Indeed, UC President Richard C. Atkinson said implementation of the ban on race and gender preferences for student admissions, known as SP-1, will have to be delayed a year until fall 1998 to give time for UC to change selection guidelines and procedures. Atkinson stresses that this delay is not a change in policy. "There simply are too many issues and too little time to finish the job in time for the 1997 admissions cycle."

At the stormy Regents meeting, some students put their message where their mouth was: wearing stickers on their lips that said "Reclaim Your Education." Some painted their faces white to show what the loss of affirmative action would mean to the UC student population. Eleven students were arrested for disrupting the peace.

In a lively debate Jan. 19 moderated by Molly Cooke, associate professor of clinical medicine, UC graduates Tom Wood, co-author of the California Civil Rights Initiative (CCRI) and Eva Patterson, executive director and co-chair of Californians for Affirmative Action, presented contrasting views over CCRI, an initiative some 700,000 signatures shy of qualifying for the November ballot. The measure says that the state of California shall not discriminate nor grant preferential treatment to people on the basis of race, sex, ethnicity or national origin for public employment, education or contracting.

"Anyone who opposes the initiative has taken a position that government should be allowed to discriminate," Wood told a large audience at Cole Hall. He said he and other proponents of CCRI firmly support the "classical" concept of affirmative action, one that focuses on offering outreach programs to break up the 'old boys network' by giving educationally and economically disadvantaged people extra help.

Citing examples of discrimination in the US, Patterson said overt racism is a reality today and affirmative action programs are still needed to help remedy that. She said affirmative action is not about putting unqualified people to work or in schools, it is about "dealing with inequities and dealing with injustice." If the measure qualifies for the ballot, Patterson said registering voters will be crucial. "We need to get mobilized. We need to get smart," she said.

Wood said he believes Martin Luther King would be in favor of CCRI if he were alive today. Patterson said she or anyone else shouldn't try to speak for the slain civil rights leader.

Seattle orator Carl Mak did speak for Martin Luther King giving a riveting, realistic rendition of several of his speeches at the sixth annual cultural festival at the Millberry gym on Jan. 17.

Film *(from page 1)*

"The Color of Fear" is brutally honest. The discussion, filmed over three days, covers everything from the rage felt by victims of racism to white shame and naiveté. One of the white men in the film was truly surprised that the Latinos and African- and Asian-Americans in the group worried about traveling to the film site in Ukiah and possibly encountering a pick-up truck that proudly displayed a rifle rack. The film, however, does not only verbally hammer at white ignorance. The men of color also are forced to examine their own views and treatment of other ethnic minorities.

"I've never seen a film so packed with such insight and wisdom," said Daniel Lowenstein, a neurologist and co-chair of the Chancellor's Diversity Task Force.

After each campus showing, Michael Adams, director of affirmative action/equal opportunity, led discussion among the racially mixed audiences. Reaction to the movie mirrored the emotions expressed by the eight men in the movie, as viewers easily identified with their experiences. Many choked back tears, but not their opinions.

Adams was impressed by the energy created by the movie and the willingness of individuals to take some positive action. He and Lowenstein had to hold an extra two-hour session for campus members who wanted to talk more.

Many viewers inquired about becoming active in campus organizations concerned about diversity and suggested that the film should be mandatory for all employees and students. Others pledged to be more understanding of different ethnic groups and to individually point out or correct bigotry. Campus events leaders are working to bring the film's director and participants to UCSF.

The "Color of Fear" is available for campus use through the Affirmative Action/Equal Opportunity Office, 476-4752.

Inside UCSF

SFGH clinics fight STDs with education

The Adult and Teen Family Planning Clinics at SFGH are trying to help stem the tide of sexually transmitted diseases (STDs) in the Bay Area through treatment, education and outreach programs. An estimated

195,000

condoms

are distributed each year at the clinics, on the streets, at outreach events in the schools and at health fairs. Health care providers at the clinics see the full spectrum of STDs, including human papilloma virus (genital warts), chlamydia, trichomoniasis, gonorrhea, herpes, syphilis and HIV. Despite cutbacks in state funding, both clinics continue to provide information on safe sex, HIV/AIDS, pregnancy and family planning. For more information about either clinic, call 206-3410.

Source: Kathleen O'Brien, SFGH Teen Family Planning Clinic

Today/Tomorrow

27 Saturday

BE YOUR OWN FINANCIAL PLANNER

Leona Lau, tax & finance specialist, explains how to design personal financial plans. Sponsored by Women's Resource Center. $40. C 130. 10 a.m.-1:30 p.m. Call 476-5222 to pre-register.*

29 Monday

REFRACTIVE SURGERY SERVICE EDUCATIONAL SEMINAR: *New Surgery Options for the Correction of Nearsightedness.* David Hwang, Oph., Cornea Serv. & Eye Bank. 6 p.m. Call 476-5021 for reservations.*

30 Tuesday

NEW EMPLOYEE BENEFITS ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

THE FIGHT FOR SAFE & LEGAL ABORTION

From Danger to Dignity: The Fight for Safe Abortion. Beth Seltzer, co-producer of this documentary, leads a discussion at the conclusion of the video presentation. Sponsored by Women's Resource Center. Toland Hall. Noon-1:30 p.m. Call 476-5222.*

MILLBERRY/UCSF HEALTH NET PRESENTATION: Learn how to reduce the risk of injury to your back through strengthening and stretching exercises in this workshop taught by UCSF physical therapists. Free for Health Net members. Register at Millberry Fitness Center. Noon-1:30 p.m. Call 476-1115 for information.*

DINNER A LA HEART

Fundraising event featuring dinners at restaurants including Fleur de Lys, Boulevard, Fringale, Bix, Ecco and Brasserie Savoy benefits the Mount Zion Institute on Aging. $45/$64/$85/$100. 7 p.m. Call 750-4117for information.*

31 Wednesday

BROWN BAG LECTURE SERIES: *Marvels of the Immune System.* Jay A. Levy, Med., explains how the immune system works. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

MILLBERRY/UCSF HEALTH NET PRESENTATION: Learn how to reduce stress through exercise, meditation and behavior modification. Free for Health Net members. Register at Millberry Fitness Center. 6-9 p.m. Call 476-1115 for information.*

1 Thursday

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *The Usual Suspects.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8 p.m. (Movies subject to change.) Call 476-2542.*

LIFE AFTER CANCER

Life Matters: A Journey of Hope and Survival. Susan Weintraub-Nessim, Cancervive, introduces and leads the discussion following the presentation of this documentary focusing on life after cancer and how survival shapes people's lives. Co-sponsored by Public Service Programs and UCSF/ Mount Zion Cancer Center. Laurel Heights Aud. 7-9 p.m. Call 476-2641.*

*Open to the public.

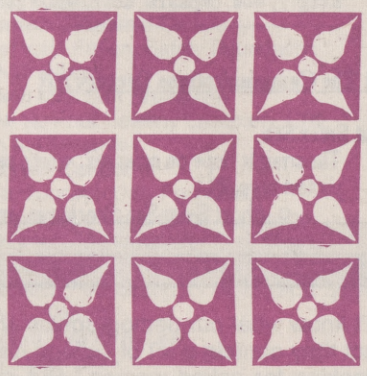
2 Friday

INSTITUTE OF HEALING ARTS & SCIENCES LECTURE: *The Ambiguity of Suffering.* Robert Nader examines how suffering hinders or helps personal development and healing. N 721. Noon. Call 330-5353.*

INSTITUTE OF HEALING ARTS & SCIENCES MEDITATION CLASS. C 417. Noon. Call 563-4459.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *The Usual Suspects.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 9 p.m. (Movies subject to change.) Call 476-2542.*

3 Saturday



WOMEN'S RESOURCE CENTER WORKSHOP: *A Personal Pillow.* Quilters Karin Lusnak and Lynn Richards foster a more expressive quilting style by encouraging participants to use fabric color and pattern spontaneously. $50. N 417. 9 a.m.-4 p.m. Call 476-5222 to pre-register.*

FIGHTING OSTEOPOROSIS

Osteoporosis — The Silent Thief: A Prescription for Prevention & Management. Learn about the latest approaches to diagnosis, treatment, research, nutritional and exercise strategies to prevent osteoporosis. Sponsored by Mount Zion Center on Aging. Laurel Heights Conf. Center. 9 a.m.-noon.* Call 750-5342 to pre-register.

LOW VISION FORUM: Lisa Clark, Glaucoma Research Foundation, provides an update on glaucoma research as well as answering questions. Forums are held on the first Saturday of each month. Main foyer, ACC. 11 a.m.-1 p.m. Call Frances Neer at 626-5313 for information.*

5 Monday

CANCER REGISTRY TRAINING PROGRAM

The Cancer Registry Training Program offers a short, intensive overview of hospital registry operations, central registries and other types of cancer patient data systems. Course runs Feb. 5-16. Sponsored by Cancer Patient Data Program-Research and Training, Epid. & Biostat. Call 476-2331.

7 Wednesday

BROWN BAG LECTURE SERIES: *How to Choose a Physician.* Laurel Dawson, Bay Springs Women's Med. Group, explains the ABCs of choosing a doctor and the multitude of services available through the UCSF Medical Group. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

MENTAL HEALTH, COMMUNITY & ADMINISTRATIVE NURSING SPECIAL LECTURE: *The Migration of Hazardous Industries.* Joe LaDou, Med. & Occ. Med. N 721. Noon-1 p.m.

8 Thursday

BLACK HERITAGE MONTH CELEBRATION BEGINS

(See item in Upcoming Events on page 5.)

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *How to Make an American Quilt.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8:15 p.m. (Movies subject to change.) Call 476-2542.*

9 Friday

INSTITUTE OF HEALING ARTS & SCIENCES LECTURE: *Bedside Manners: Compassion & the Wounded Healer.* Phillip Scott discusses the qualities of healers and offers methods to bring the heart into a health care practice. N 721. Noon. Call 330-5353.*

INSTITUTE OF HEALING ARTS & SCIENCES MEDITATION CLASS. C 417. Noon. Call 563-4459.*

"HOW DO I LOVE THEE?"

Poems from the Heart. Poets on Parnassus sponsers an open reading of love poems. Toland Hall. 4:30 p.m.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *How to Make an American Quilt.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 9 p.m. (Movies subject to change.) Call 476-2542.*

DEVELOPMENT & TRAINING

For more information call 476-4032.

Business Writing Basics. Tues. & Fri., Feb. 6, 9, 13, 16. 10 a.m.-1 p.m. $100.

Interviewing: Hiring Winners. Wed., Feb. 7. 8:30 a.m.-4:30 p.m. $90.

The Telephone: Your Most Important Business Tool. Wed., Feb. 14. 9 a.m.-noon. $55.

Processing Independent Consultant Agreements (ICAS). Wed., Feb. 21. 8:30 a.m.-noon. $40.

Contracts & Grants Workshop. Wed., Feb. 28. 9 a.m.-noon. $40.

Supervising in the Workplace: Managing Employees with Chemical Dependencies, AIDS & Disabilities. Wed., March 6. 8:30 a.m.-noon. $40.

Payroll Workshop. Wed., March 6. 12:30-4:30 p.m. $40.

Materiel Management Workshop — Module I. Fri., March 8. 8:30 a.m.-12:30 p.m. $50.

Post-Award Management of Extramural Funds. Tues., March 12, 19. 8:30 a.m.-12:30 p.m. $60.

Supervisor's Guide to Performance Evaluation. Wed., March 13. 8:30 a.m.-4:30 p.m. $40.

General Ledger & Accounting. Thurs., March 14. 9 a.m.-4:30 p.m. $50.

Materiel Management Workshop — Module II. Fri., March 15. 8:30 a.m.-12:30 p.m. $50.

Writing Job Descriptions & Understanding Classification Concepts. Wed., March 20. 8:30 a.m.-12:30 p.m. $40.

Cost Transfers. Tues., March 26. 9 a.m.-noon. $40.

The UCSF Budget Process. Wed., March 27. 9 a.m.-4:30 p.m. $40.

Survival Skills for the Adminsitrative Assistant. Thurs., March 28, April 4, 11, 18. 8:30 a.m.-noon. $70.

CONTINUING EDUCATION

MEDICINE

For program information, call 476-4251. To register, call 476-5808 unless otherwise noted.

Third Annual Update in Behavioral/ Developmental Pediatrics. Millberry Conf. Cntr. Sat., Feb. 3.

Recent Advances in Neurology. SF. Wed.-Fri., Feb. 14-16.

Eleventh Annual Primary Care Medicine: Concepts & Controversies. Snowmass/Aspen, Colo. Sun.-Fri., Feb. 18-23.

Pediatric Dermatology for the Primary Care Practitioner. SF. Fri.-Sat., March 1-2.

Annual Review in Family Medicine: Controversies & Challenges in Primary Care. Hotel Nikko, SF. Wed.-Fri., March 20-22.

Asthetic Surgery of the Face. SF. Thurs.-Sat., March 21-23.

Ninth Annual Primary Care Update. Maui, Hawaii. Sun.-Fri., April 7-12.

Practical Dermatology Review Course: Tips on Practical Therapy & Office Techniques. SF. Sat.-Sun., April 20-21.

Family Practice Board Review Course. Hotel Nikko, SF. Mon.-Thurs., July 8-11.

DENTISTRY

For information and registration, call 476-1101.

Restoring Endodontically Treated Teeth. UCSF. Sat., Feb. 3.

Contemporary Periodontal Treatment: Integrating New Approaches in General Practice. UCSF. Sat., Feb. 10.

Prevention and Management of Medical Emergencies in the Dental Office. UCSF. Sat., March 2.

Fifth Annual Study & Ski in Squaw Valley. Squaw Creek. Fri.-Sat., March 8-9.

Managing Dental Pain: New & Practical Concepts for Diagnosing & Managing Dental & Orofacial Pain. UCSF. Sat., March 9

Advances in Clinical Dentistry — Symposium on New Developments in Dentistry. Moscone Center, SF. Sat., March 16.

The Art of Endodontics: Concepts & Techniques for the New Millenium. UCSF. Sat., April 13.

Pharmacology for the General Dentist: Update on Drugs Used in Dentistry. UCSF. Sat., April 20.

HIV Update '96 for Dental Professionals. UCSF. Fri., April 26.

Preparation for the Dental Hygiene Licensure Examination. UCSF. Sat., April 27.

COMPUTER TRAINING

Facilities Management offers the following classes for PC users. All classes held at the FM Training Room, 3130 20th St. Shuttles leave from UCSF/ Mount Zion, Parnassus & SFGH. Half-day classes cost $135, full-day $215. Call 476-6825.

Excel for Windows III. Tues., Jan. 30 & Wed., Jan. 31. 8:30 a.m.-noon.

Word for Windows III. Tues., Jan. 30 &Wed., Jan. 31. 1-4:30 p.m.

Word for Windows IV. Thurs., Feb. 1. 8:30 a.m.-noon. & Fri., Feb. 2. 1-4:30 p.m.

Excel for Windows IV. Thurs., Feb. 1. 1-4:30 p.m. & Fri., Feb. 2. 8:30 a.m.-noon.

Windows for Workgroups I. Tues., Feb. 6. 8:30 a.m.-noon.

Word for Windows I. Tues., Feb. 6 1-4:30 p.m.

Excel for Windows I. Wed., Feb. 7. 8:30 a.m.-noon.

Windows for Workgroups II. Wed., Feb. 7. 1-4:30 p.m.

Word for Windows I. Thurs., Feb. 8. 8:30 a.m.-noon.

Excel for Windows I. Thurs., Feb. 8. 1-4:30 p.m.

GREAT EXPECTATIONS

Great Expectations for Women's Health offers a variety of classes for new parents and those expecting children. Call 476-6667 to register and for more information.

Childbirth Preparation: Birth Alternatives. Class series addresses needs and interests of women who wish to have an intimate, fully involved birth experience. Fri., Feb. 2, 9, 16, 23 & March 1. 6:30-8:30 p.m. $115/per series. 35% discount for women having a baby at UCSF.

Parenting Class. Explore the physical and emotional transition to parenthood. Wed., Feb. 28, Mon., March 18, Mon., April 15, Wed., May 29 & Mon., June 24. 6:30-9 p.m. $15/individual, $20/ couple.

Infant & Child Nutrition: Creating Positive Feeding Relationships. Class covers formula feeding, solid foods, making baby food, developing healthy lifelong eating habits & more. Mon., March 4, May 20 & July 15. 3-5 p.m. $15/individual, $20/couple.

INFORMATICS CLASSES

The UCSF Library offers the following free classes held in S 165A (EC) or 222 Library (PC). Call 476-2337 for a complete schedule.

- Mon., Jan. 29: *Introduction to the Internet.* 1-3 p.m. (EC)
- Tues., Jan. 30: *Medline Plus III: Advanced.* 1-3 p.m. (EC)
- Wed., Jan. 31: *Psychology Information Resources.* 3-5 p.m. (PC)
- Thurs., Feb. 1: *Downloading Citations Using UCSF-RAS/Windows.* 9-11 a.m. (PC)
- Fri., Feb. 2: *The World Wide Web.* 10 a.m.-Noon (EC)
- Mon., Feb. 5: *Medline Plus I: Basics.* 10 a.m.-Noon (PC)
- Tues., Feb. 6: *Listservs and Usenet Groups.* 1-3 p.m. (PC)
- Wed., Feb. 7: *HIV/AIDS Information Resources.* 3-5 p.m. (EC)
- Thurs., Feb. 8: *Introduction to EndNote® for Macintosh.* 9-11 a.m. (EC)
- Thurs., Feb. 8: *Using the MELVYL MAIL and UPDATE Commands.* Noon-1 p.m. (PC)
- Fri., Feb. 9: *Writing for the World Wide Web: An Introduction to HTML.* 10 a.m.-Noon. (PC)
- Fri., Feb. 9: *The GDB Human Genome Data Base: GDB and OMIM.* 2-4 p.m. (PC)

Jan. 27-Feb. 9, 1996

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

SATURDAYS

HEALING GARDEN WORKING DAYS: Second & fourth Sat. of month. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Call 885-3693.*

MONDAYS

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.*

HEALTH PROFESSIONALS IN RECOVERY: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets bi-monthly. 11:30 a.m.-12:30 p.m. Call 476-8279.

UCSF STAFF COUNCIL MEETING: Second Mon. of month. Noon-2 p.m. Call 476-5756.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Second and fourth Mon. of month. Reservations must be made at 929-7114. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAYS

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/ SFGH. Meets monthly. Call 476-5222.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: First Tues. of the month. MU 111W. Noon-1 p.m. Call 566-8406.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at MCB. Noon. Call 476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or Parnassus. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 5:30-7 p.m. Pre-registration necessary. Call 885-3693 or 388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Second Tues. of month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of month. C 130. 7:30-9 p.m. Call 284-0208.*

WEDNESDAYS

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Second Wed. of month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues attend. Call 282-9650.

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: For those interested in psychiatric disorders & treatments. Call Laura Deering-Mayclin at 476-7394.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Second Wed. of month. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call 476-7117.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

TAI CHI CLASSES. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Noon. 885-3693.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 621-1326.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

FRIENDS & FAMILY MEMBERS OF CANCER PATIENTS SUPPORT GROUP: First & third Wed. of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 4:30-6 p.m. Call 885-3693.*

BREAST CANCER SUPPORT GROUP: J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m. Call 885-3693.*

SAN FRANCISCO CITY CHORUS REHEARSAL: 7 p.m. Call 765-SONG for locations and audition information.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: 12-step program for people who have dysfunctional relationships. LPPI A119. 8-9:30 p.m. Call 432-3529.*

THURSDAYS

AWAKE MEETING: AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Third Thurs. of month. Bring CPAP equipment for check-up. Call 885-7886.*

CANCER SUPPORT GROUP — PATIENTS: First & third Thurs. of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. Call 885-3693.*

LESBIAN LUNCH GROUP: Monthly on Thurs. Call 476-8410.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at Parnassus. Noon. Call 476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thurs. of each month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 1-2 p.m. Call 885-7623.*

PARNASSUS PLAYERS: UCSF's theater group meets regularly. Call 476-6761 or 476-9012 (day) or 821-5701 (evening).*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Meets every other month, alternating between UCSF & Stanford. 5:45-7:30 p.m. Call 476-0683.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thurs. 6-8 p.m. Call 775-2854 to pre-register.*

FRIDAYS

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Second & third Fri. of month. Noon-1 p.m. C 130. Call 502-5666.

WEIGHT WATCHERS MEETING: LPPI Aud. Noon-12:45. Call 476-5193.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: First Fri. of month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call 986-2305.*

For information on 12-step and support groups call the Bay Area Self-Help Center at 882-6235 or the Mental Health Association of San Francisco at 882-6230.*

VOLUNTEER PROGRAMS

Programs to acquaint prospective volunteers at the Medical Center are offered regularly by Volunteer Services. For orientations at UCSF/Parnassus, please call 476-1196. For orientations at UCSF/ Mount Zion, call 885-7353.

THE NEXT DEADLINE

Tues., Jan. 30, 1995 is the deadline for items to be listed in the next calendar, which covers **Feb. 10-23, 1996**(two weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Mail your copy to Michele Firpo at Box 0462, e-mail it to michele_firpo@quickmail.ucsf.edu, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St.,Suite 103or call 476-3257. To submit articles for Newsbreak/Medsounds, e-mail them to Lisa Cisneros at lisa_cisneros@quickmail.ucsf.edu, fax to 476-3541 or call 476-3256.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

Listed below are dates when the van will be at UCSF locations. Call 476-2193 for a full schedule.

- Mon.-Wed., Jan. 29-31: UCSF/Laurel Heights, 3333 California St.
- Thurs., Feb. 1: UCSF/Daly City, 333 Gellert Blvd.
- Fri., Feb. 2: UCSF/Parnassus at Medical Center Way.

Upcoming Events

Black Heritage Month begins with a fair

UCSF's celebration of Black Heritage Month begins with a fair featuring African-American vendors in the courtyard at MCB on Thursday, Feb. 8, from 11 a.m. to 3 p.m.

"No Telling What a Story Can Teach You!" is a presentation by Opal Palmer, poet, lecturer, playwright and storyteller, who is currently teaching at the California College of Arts and Crafts. The event takes place Friday, Feb. 9, at noon in N 217.

On Tuesday, Feb. 13, at noon in Toland Hall, the Women's Resource Center presents "What Is Black Love?," a discussion exploring the political, personal and social ramifications of love in the black community.

Public Service Programs sponsors a Brown Bag Lecture on Wednesday, Feb. 14 on "The Role of Race in Violence Prevention." The talk will take place in HSW 300 from noon to 1 p.m.

"Extending the Boundaries of Unity" is the theme for a celebration featuring African music, food and dance on Friday, Feb. 16, in the Millberry Conference Center from 7 to 9:30 p.m.

An event sponsored by the Rape Prevention Education Program, "From Whores to Matriarchs: Black Women Survivors on the Edge," is a performance piece by Deborah Edwards, former broadcast journalist, which offers a look at the complexities of being both a black woman and a survivor of sexual abuse in America. It will be performed on Tuesday, Feb. 20 from noon to 1 p.m. in Toland Hall.

"The 1995 Million Man March — Now What? Another Perspective" is presented on Wednesday, Feb. 21, in Toland Hall from noon to 1 p.m.

Anna Deveare Smith performs "Twilight: Los Angeles 1992," a play about race, culture and

Anna Deveare Smith

the uprising following the verdicts in the Rodney King beating trial, as a benefit for the Women's Resource Center. The event is slated for Thursday, Feb. 22, at 8 p.m. at the Marines Memorial Theater, 609 Sutter. Call 476-5222 to purchase tickets, which cost $25.

The Tenth Annual Black Nurses Symposium on Friday, Feb. 23, also is a Black Heritage Month event. See item below for details.

On Saturday, Feb. 24 the Black Caucus at UCSF hosts "Gala IV," a dinner/dance being held from 6:30 p.m. to 1 a.m. at the San Francisco Airport Marriott Hotel in Burlingame. Tickets are $40 per person and will be sold on a first-come, first-served basis. For tickets and more information, call Bilal Shabazz at 476-4410 or Claudette Johnson at 476-4270.

Another noon lecture explores "Ethiopianism, Negritude and Afrocentricity: The Elusive Quest for Black Intellectual Ethos" on Tuesday, Feb. 27, in N 217.

The Gospel Choir at UCSF presents a concert on Wednesday, Feb. 28, at 6:30 p.m. in Cole Hall. Tickets cost $3 for students, $5 for the general public.

The celebration closes on Thursday, Feb. 29, with the "Jazz Extravaganza" featuring the Khalil Shaheed Sextet in the Plaza Grill from 11 a.m. to 1 p.m. and an African-American vendor fair in Millberry Union Conference Center from 11 a.m. to 3 p.m.

All events are co-sponsored by the UCSF Black Caucus. Call 476-4410 for information.

Tenth annual Black nurses symposium, workshop

The Tenth Annual Black Nurses Symposium, entitled "Celebrating a Legacy: Graduates Making a Mark in Research, Practice and Education," will be held Friday, Feb. 23, from 8 a.m. to 4 p.m. in Cole Hall.

This year's speakers are graduates of UCSF who will discuss their roles and visions of research, practice and education. DeLois Weekes, associate professor and associate dean of the Graduate Program at the Boston School of Nursing, is the keynote speaker. Cost to attend the symposium is $65. Students with current identification and UCSF faculty are asked to pay $35.

The free Workshop on Nursing Education will be held the previous day on Thursday, Feb. 22, from 1 to 5 p.m. in N 225. Masters and doctoral students, moderated by Weekes, will present a forum representing selected programs at UCSF.

This workshop is designed especially for persons who are interested in learning more about nursing education. For more information or either event, call Joann Ray at 476-4897.

Program educates patients and community about HIV

The first in a new series of free quarterly programs for HIV-infected patients and the community entitled "HIV Treatment Update" will be held on Monday, Feb. 12, from 6 to 8 p.m. at Carr Auditorium at SFGH.

The first program, "Report Back from Washington, DC: Third Conference on Retroviruses and Opportunistic Infections," will feature AIDS specialists explaining new research on topics such as antiretroviral therapy, wasting disease and opportunistic infections. Call 476-4082, ext. 84621 for more information.

Celebrate Chinese New Year

The Chinese New Year Festival begins at 5:30 p.m. at the Millberry Gym, on Friday, Feb. 16, with an invigorating Lion Dance and continues with traditional Chinese dance and music from the Lily Cai Chinese Dance Troupe. Free authentic Chinese food and drink, various festivities and games round out the evening's events, sponsored by Chinese Health Professional Student Association. For more information about this festival celebrating the Year of the Rat, call 665-6927.

Learn alternatives to violence on Feb. 17

Teaching people how to get their needs met without using violence is the purpose of a workshop on Saturday, Feb. 17, co-sponsored by the UCSF Rape Prevention Education Project and the Alternatives to Violence Project.

Participants will examine their verbal, physical and emotional communication styles and, through trust- and community-building and role-playing exercises, learn to communicate with co-workers and loved ones without violence.

The workshop runs 9 a.m. to 9 p.m. and costs $35 to $50, depending on income. However, no one will be turned away for lack of funds. Call 431-4714 to register and for more information.

Mission Health Fair offers free screenings

Free medical screenings and information will be available at a health fair on Saturday, Feb. 24, 9 a.m. to 3 p.m. at the Mission Neighborhood Health Center, 240 Shotwell Street (at 16th).

Sponsored by the Mission Neighborhood Health Center, Associated Students of UC and the Chicanos/Latinos in Health Education at UCSF, the fair will include free physical exams, HIV testing, prostate exams and screenings for high blood pressure, cholesterol, diabetes, tuberculosis and glaucoma. Limited mammograms and visual and dental examinations also will be offered. For more information, call 552-3870.

Find well-being through mindfulness

Learn about a meditative approach for coping with anxiety, stress, chronic pain and illness at the Institute of Healing Arts & Sciences's "Mindfulness-Based Stress Reduction and Well-Being Program" on Monday, March 4, from noon to 1 p.m. in N 517 or on Thursday, March 7 from 6:30 to 8 p.m. in S 22.

The program was modeled on the work of Jon Kabat-Zinn of the University of Massachusetts Medical Center, which was featured on the PBS series "Healing and the Mind" with Bill Moyers. For more information, call 924-0771.

Catalog upgrade gives library users new options

Library users can search for books in new ways, can self-renew some materials and can request items on hold without leaving their office.

Last month the library updated its electronic catalog system to better serve the campus community. The UCSF Library Catalog is available through campus network connections, telnet, GALEN II (UCSF Library Worldwide Web site), or dialup access, as well as at various locations in the library building. New improvements to the catalog system allow library users to:

♦ Search for author/title: Users now have the option to input a request consisting of both an author and a title as one search, instead of taking two search steps.

♦ Search history: Users can repeat a previous search by selecting from a list of the last 10 searches. The search can be re-run as is or edited and then run.

♦ Reverse author search: Users can select a menu option to have the catalog re-do a failed author search with the names reversed, if two names were entered.

♦ View personal circulation record: Users can look at their own library records, see a list of items checked out with due dates, check on current personal information such as address and phone numbers.

♦ Self-renew: Users can extend check-out period of items, if eligible for renewal. Users can do this from their worksite or home, saving a phone call or trip to the library.

♦ Request item: Users can place material currently checked out on hold.

♦ Get e-mail notification: The library can automatically send notices to a user's e-mail address.

For more information, call 476-2337.

EAP offers work in Chile, Brazil

UC faculty are invited to apply for directorship positions in the University's Education Abroad Programs in Chile and Brazil for the term Jan. 1, 1997 to Dec. 31, 1998.

The Chile directorship is a two-year resident position based in Santiago. The four-to-five week intensive language program that precedes the academic year takes place in Mendoza, Argentina. The Brazil director is in residence from January through July of each year, accompanying the students in the intensive language program (possibly outside Rio de Janeiro) and in residence in Rio during the first semester from March through July.

At each site, the director administers the Study Center, maintains relations with UC partner universities, provides academic and general counseling for the UC students enrolled there and serves as Instructor of Record for all academic work undertaken by EAP students. Fluency in the language of the host country is required.Tenured UC faculty, lecturers SOE and emeriti professors are eligible to apply. The deadline for receipt of completed applications by the Universitywide Office is Monday, March 4.

For more information or to obtain an application packet, call the campus EAP office or contact the Universitywide Office of the Education Abroad Program, UCSB, by telephone at (805) 893-3677, by fax at (805) 893-2583 or by e-mail at tshapiroO@uoeap.ucsb.edu.

Academic computing to come of age at library's multimedia lab

By LISA CISNEROS

Doug Yoshida, an emergency room doctor at SFGH, is developing a program to help teach nurses and residents when to order ankle X-rays as one of UCSF's technology trailblazers at the Library and Center for Knowledge Management.

Yoshida is one of the first UCSF faculty members to work in the library's new Multimedia Development Laboratory (MDL), which offers faculty the equipment and support necessary to create innovative computer-based instructional programs.

Yoshida decided to create his interactive tutorial to teach nurses and residents guidelines on ordering X-rays for foot and ankle injuries because statistics show that some 5 million foot X-rays are routinely ordered annually in the US and Canada, when most are unnecessary and a waste of time and money.

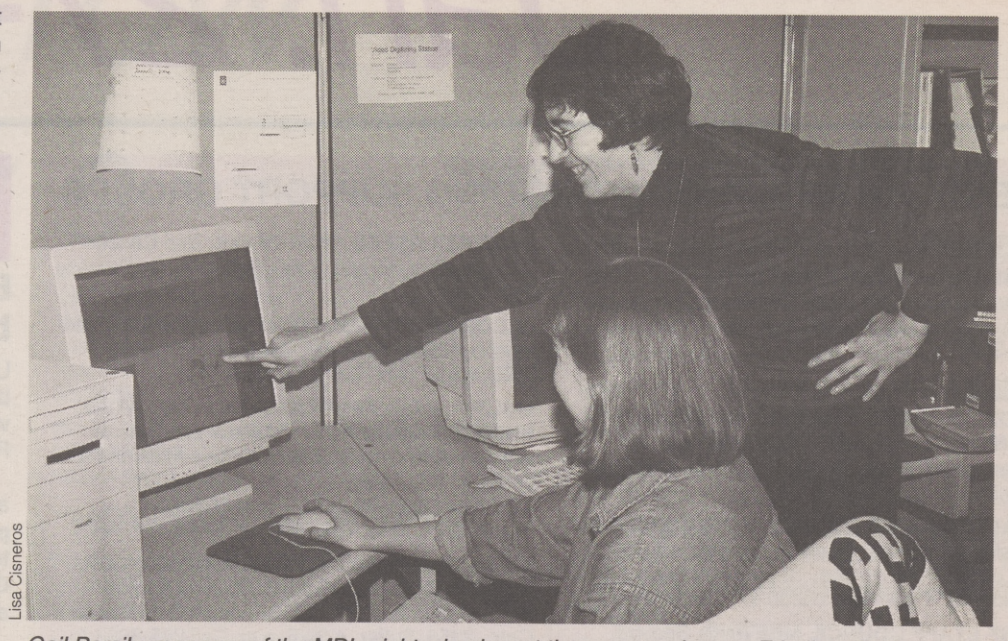
Using the software program Authorware, Yoshida's program combines movies, diagrams, photos, charts and interactive quizzes to convey ankle rules.

A regular web surfer, Yoshida says it was only natural that his interest in technology would spill over to his job. "For my career as a physician teacher, it seems only natural to use the computer as a teaching tool, especially in emergency medicine when we don't have a lot of time for bedside teaching," he says. "Residents can use my program anytime and it goes over material you just can't get from a book. It is interactive and gives instant feedback, which are critical to education."

Located in the library's Interactive Learning Center in CL 231, the MDL is divided into several work stations, including those equipped with multi-purpose PowerMac and Pentium computers, video digitizing equipment and flat art and slide scanners. A separate computer station allows faculty to demonstrate and evaluate various instructional software programs, such as Stanford's BrainStorm, for potential use in the curriculum or to get ideas to create their own multimedia projects. All computers are networked and include basic tools for browsing the Web, word processing and Hypertext Markup Language editing.

Access to the lab is free to faculty members right now, but if it is to become a self-supporting enterprise, fees will eventually be charged for some services. Faculty who want to make a CD-ROM using the lab's CD recorder, due to be added soon, will likely pay a nominal fee for the recording, explains Gail Persily, manager of the MDL. Through partnerships with local high-tech companies, the MDL will soon have a high-speed ATM network designed for transmission of multimedia, such as video.

A librarian with a background in instructional technology, Persily has served as manager of the Interactive Learning Center for the past four years before taking on her new job, at the MDL. She helps faculty incorporate instructional technology into the curriculum, identify suitable authoring tools and plan for the implementation of their projects. She can also refer faculty to outside programmers and other experts to help work on their projects, as well as provide them with information about training, conferences and resources related to developing multimedia programs for education.



Lisa Cisneros

Gail Persily, manager of the MDL, right, checks out the progress Lauren Friedly, a first-year medical student, has made creating a multimedia program in the UCSF library.

Those interested in working in the lab should have basic computer literacy skills or be able to learn via online tutorials. Eventually, Persily plans to start a regular program of workshops at the lab so faculty can share their ideas. "Many faculty members have been creating their own multimedia projects individually, but this lab will serve as a central campus resource to provide the tools and support they need," says Persily.

Faculty can take short cuts

Faculty members who don't want to start from scratch to develop a teaching tool can use a software program developed at Stanford called Short Rounds, which is a shell of a program that allows users to add the content to present lessons around case scenarios. Pamela Martin, associate director of medical student education and an associate clinical professor of psychiatry, and Lauren Friedly, a first-year medical student, are using Short Rounds to devise a program that third- and fourth-year medical students can use to review how basic science relates to clinical practice. The School of Medicine now is emphasizing basic sciences in all four years of medical school.

Martin and Friedly's program presents three actual UCSF patients with varying medical problems—obstetrical/gynecological, pediatric cystic fibrosis and psychiatric. Martin has combined the patients' medical histories with the basic science information that relates to their condition, the diagnosis and treatment and summaries of each case. What makes this program special is that it contains videotaped statements from all three patients and actual footage of the treatment used to cure them. Friedly asked various faculty members, specializing in basic sciences, to volunteer their time and expertise to contribute to the project. When the project is completed, students will be able to access it on the Internet.

Martin was able to finance production of the project with an instructional improvement grant administered through the Office of Academic Affairs. The Library now is working with the School of Medicine to offer grants using money awarded by the Howard Hughes Medical Institute. These grants — ranging from $500 to $4,000 — are available to medical school faculty who want to enhance curricula with such technology. The first call for proposals will be announced in February with applications due by April. The library is working to develop a way to fund additional grants for the other schools, Persily says.

The plan to develop instructional technology at UCSF was a response to recommendations from a 1992 ad hoc committee of multidisciplinary faculty members. For information about the MDL, contact Persily at 476-3766 or e-mail mdl@library.ucsf.edu.

Fund Performances

For those invested in the 403(b) Plan and the After-tax plan, here are the latest unit values and monthly factors (as of Dec. 31, 1995). The annualized yield reflects the annual yield that could be achieved if the current monthly rate were compounded for one year.

	Monthly Factors	Annual Rate	Annualized Yield
Savings	.0052	6.17%	6.27%
Money Mkt	.0048	5.68%	5.75%
ICCF	.0066	7.74%	7.92%

	Unit Values	12-month Change	3-year Avg. Annualized Yield
Bond	$79.55	36.9%	13.3%
Equity	$138.38	31.2%	14.9%
Multi-Asset	$17.91	19.8%	10.5%

The investment results, as measured by total return figures given above, represent past performance and should not be considered indicative of future results. If you have questions, please call 476-9256.

Fun Zone

Orchestra presents winter concert Feb. 13

UCSF Arts & Performances presents the UCSF Orchestra, under the direction of Jeremy Swerling, in its winter concert on Tuesday, Feb. 13, at 7:30 p.m. in the Millberry Union Gym.

Tickets can be purchased at the door. Admission prices are $5 for the general public, $3 for UCSF employees, other students and seniors. The winter concert repetoire will include Verdi's Overture to La Forza del Destino, Tchaikovsky's Symphony No. 5 in E Minor and Beethoven's Piano Concerto No. 1 featuring Julian Chen, winner of the First Annual UCSF Piano Competition.

Chen, currently a third-year graduate student in biophysics at UCSF, has played as a soloist with the Portland Junior Symphony and the Oregon Sinfonietta.

Maestro Swerling has served as both music director for the Danville Symphony Orchestra in Illinois and resident conductor for the Sacramento Symphony. The campus community also is welcome to meet the UCSF Orchestra at a free concert on Tuesday, Feb. 6 at 7:30 p.m. in the Millberry Conference Center.

In its eighth season, The UCSF Orchestra combines the talents of musicians and composers from the faculty, staff and students of UCSF and the Bay Area.

Gospel Choir seeks singers for concert

The Gospel Choir at UCSF is seeking people who like to sing for its concert honoring Black Heritage Month on Wednesday, Feb. 28. There is no audition and all ethnicities and religious orientations are welcome. Rehearsals are from noon to 1 p.m. on Tuesdays at MCB and Thursdays on Parnassus. For more information, call Delores at 476-7204.

Booklet lists outreach efforts

UCSF recently published a booklet entitled "UCSF in the Community," which briefly describes some of the community outreach efforts that involve its faculty, staff and students. Art for Recovery, the California Newborn Screening Program and the Women's Resource Center are just a few of the many programs and services listed in the free 45-page booklet. Copies were recently mailed to UCSF's neighbors as well as to campus administrators and others at UCSF locations and affiliated sites. Copies also are being distributed at community meetings and events, such as Brown Bag Lectures. To request a copy, call Community and Governmental Relations, a division of Public Affairs, at 476-3206.

Design: Carol Kummer

Nominate now for exceptional service

Nominations are being accepted for the Chancellor's Award for Exceptional University Service.

This award recognizes non-academic supervisors and staff who have consistently performed in their University positions at a level beyond what is ordinarily expected. Additional details and criteria for this award are described in the nomination form.

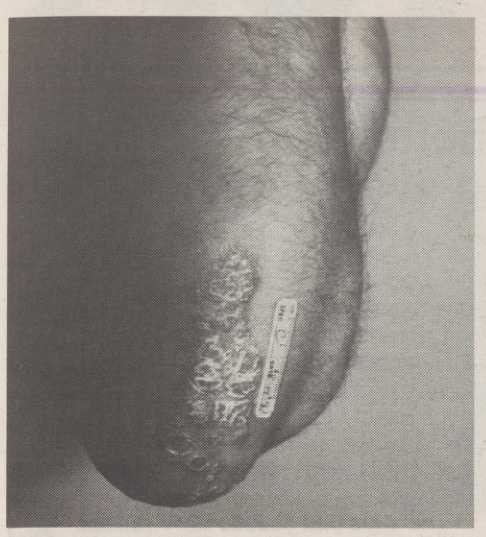
The award includes a certificate and a check for $2,000 which will be presented at the Founders Day Awards Luncheon on Tuesday, May 21. Nomination forms and criteria have been distributed to campus administrators; additional forms may be obtained from Human Resources at the main reception desk at the Laguna Honda site or any of its divisions, the Chancellor's Office or by contacting Joanne Fraysse at 476-4285.

Medsounds Continued

Psoriasis *(from page 8)*

around other people," she says. "The psoriasis turned me into a hermit. I was ashamed of my body. The more stressed and depressed I was, the more lesions I would have."

Although for the most part people with psoriasis are able to function normally in



A psoriasis patient of John Koo

society, Dietrich's reaction to psoriasis is not unusual, according to Koo.

"Some people experience low self-esteem because psoriasis is disfiguring and unsightly," he says.

Offering treatment choices

For patients at PDTC, stress reduction practices, such as yoga, stretching and deep breathing relaxation exercises, are often part of their therapy, along with the overall regimen, which may include the traditional topical creams, ultraviolet light and tar. Many patients who come in daily for hours of treatment have been taught relaxation techniques by the nursing staff and are educated on the part stress plays in their lives and with their disease.

For eight hours a day, five days a week for five weeks, Dietrich drove to San Francisco from Contra Costa County. What she found at the center was a supportive environment.

"I participated in small group sessions and discovered a network of psoriasis sufferers," she says. "We really helped each other out."

Dietrich was treated with Goeckerman Therapy in which she was exposed to increasing increments of ultraviolet light and then covered for four to six hours in black, crude coal tar. When she left the center, she took yellow, refined tar to treat herself at home.

Goeckerman Therapy is the oldest and safest treatment for psoriasis, particularly for patients who have the disease in a severe form, according to McClelland. There are no internal side effects associated with the therapy, and it has a reputation for inducing long periods of remission.

"The tar slows the growth of the skin cells that form the scales we see on psoriasis patients," she says.

After her treatment, Dietrich remained in remission for four years. Just recently, she had a relapse and was again treated at UCSF with Goeckerman Therapy. Three days after her final session and clear of lesions, Dietrich and her husband left for a cruise to Mexico.

The UCSF center offers a wide variety of treatment options in addition to the Goeckerman regime of UV light and crude coal tar, including PUVA (a combination of psoralen tablets and ultraviolet A), outpatient ultraviolet B, methotrexate and other oral medications, and clinical trials for new drugs or therapies.

For now, Dietrich's psoriasis is in remission and she no longer resembles a snake woman. She is doing what she can to keep the disease in check, including prayer, deep breathing and exercise. To cope and live with psoriasis, Dietrich arms herself not only with her faith, but with her mind. For more information on the PDTC, call 476-4701.

Dave Milward

Goodman gets gavel at annual meeting

James Mailhot, left, associate clinical professor of medicine and co-director of the clinical cardiology laboratory at Mount Zion receives a parting gift from Herbert B. Goodman, a 28-year internist at Mount Zion, who took over as chief of staff at the Jan. 10 annual meeting of the medical staff at UCSF/Mount Zion. At the meeting, Jeanne Dean, assistant director of hospital administration, received the Rose Award, an honor bestowed on employees who are nominated by their colleagues for demonstrating exceptional service. Dean has received two Rose Awards during her tenure at Mount Zion, which began in 1964. Physicians Marci Gottlieb, Gary Milechman and Lawrence Mintz were re-elected as representatives to the Executive Medical Board and will serve three years.

Mice *(from page 1)*

become "poisoned" and the cell's energy-producing machinery shuts down, Epstein said.

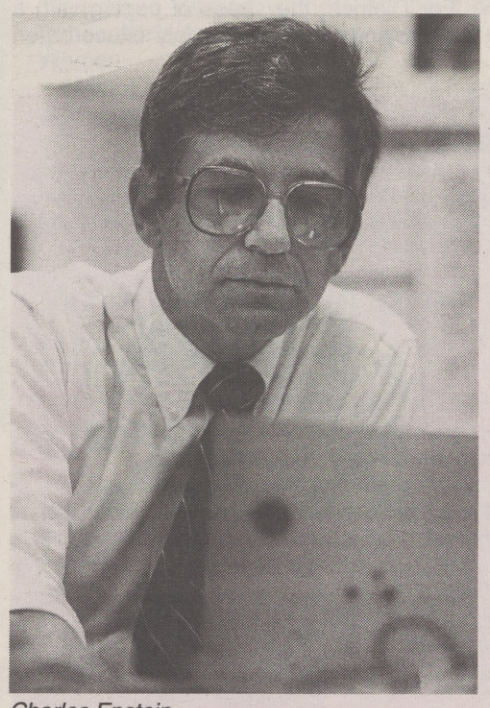
In the mice that lacked MnSOD, the ill effects showed up in several organs but were most noticeable in the heart, the researchers reported. On autopsy, the mice were found to have signs of dilated cardiomy-opathy, a disease that can cause heart failure or an abnormal heart rhythm that is fatal. In humans, the disease is caused by some structural defect in the heart, Epstein said. In the mice used in the study, it resulted from an enzyme deficiency, a form of cardiomyopathy that does not exist, or has not been recognized in humans, he said.

Epstein said the researchers now are working to create a strain of mice that lack another form of SOD, one containing copper and zinc. In previous studies, Epstein and Pak H. Chan, UCSF professor of neurosurgery and neurology, found that mice that make extra amounts of this enzyme are protected from brain damage following a stroke. Scientists elsewhere have shown that fruit flies that produce more of the enzyme live longer. Epstein theorizes that animals lacking the enzyme will age faster, though this remains to be demonstrated.

Epstein is also collaborating with various groups around the country in studying the role of SOD in Parkinson's disease, diabetes, cardiac ischemia and drug addiction. In addition, Chan's group is studying the effects of the enzyme on stroke, head trauma and other neurodegenerative diseases.

Epstein is widely known for his research on Down syndrome, a disease that occurs in individuals who have an extra copy of chromosome 21. The SOD gene is located on the same chromosome.

In addition to Chan, Epstein's colleagues in the study are Yibing Li, a UCSF visiting postdoctoral fellow in neurosurgery; Ting-Ting Huang, a UCSF assistant research geneticist; Elaine J. Carlson, a UCSF specialist; Philip C. Ursell, a UCSF associate professor of pathology; Jean L. Olson, a UCSF professor and director of the renal service; Linda J. Noble, a UCSF assistant professor of neurosurgery; Midori P. Yoshimura, a laboratory technician in pathology; Christoph Berger, PhD, a UCSF visiting postdoctoral scholar at the time of the study; and Simon Melov, and Douglas C. Wallace, both of the Emory University School of Medicine.



Charles Epstein

Chancellor *(from page 1)*

ing of a comprehensive computer network plan to install a backbone to link each office and lab with each other and to the rest of the world. The Enterprise Network Services was formed in November to combine resources from the Clinical Enterprise Systems with Information Technology Services under interim director Gary Forman. Recruitment is under way to find a permanent director, Martin says.

♦ **Diversity:** The Steering Committee on Diversity appointed by the Chancellor eight months ago will recommend what actions to take by the end of the academic year. A survey soon will be distributed campuswide asking students, faculty and staff what their attitudes and opinions are about race relations at UCSF.

♦ **Joint governance:** Relationships between faculty and administration have solidified through two committees: the Strategic Planning Board and the Executive Budget Committee. The board is setting academic goals over the next five years, while the budget committee is setting financial priorities for projects critical to UCSF's academic mission, Martin says.

♦ **Campus life:** A variety of projects are under way or on the drawing board to improve the quality of life at all campus locations. Major projects include the recent opening of a multimedia lab at the library so faculty can create interactive computer-based instructional programs (see page 6), the planned unveiling of a child care center to serve 50 youngsters at MCB and the revamping of the Millberry plaza this fall to expand seating and add restaurants.

♦ **Health care reform:** A subcommittee of a task force on health care reform is expected to submit a proposal in February to set up a multi-school, interdisciplinary primary care practice and teaching program and to start a pilot course in community-based care, Martin says.

♦ **Construction:** The utility plant on Parnassus, cancer research building and one medical office building near UCSF/Mount Zion are under construction. Faculty and staff are currently moving into another new medical office building at Mount Zion. Construction of an outpatient cancer building at Mount Zion is still on hold as administrators reevaluate the needs of the marketplace.

Long-range plans, to guide development through 2010-11, include demolishing UC Hall, Medical Research IV, Radiobiology, Proctor, Surge and Woods buildings and to relocate people and programs elsewhere. Aldea Housing would be rebuilt with fewer but larger housing units. The result, Martin says, will give UCSF more animal research space, fewer but newer research labs and more open space.

In his concluding remarks, Martin shared his response to the question so often asked of him, "How does it feel to be working for a health enterprise in such overwhelmingly vulnerable times?" His answer: "I have the best team in the country to work with. I'm not worried."

Bulimia *(from page 8)*

tary link to eating disorders, according to the January 1995 issue of the American Journal of Psychiatry.

Recent studies, including two in Europe reported last September in the American Journal of Psychiatry, show the incidence for anorexia and bulimia are twice as frequent as previously believed and steadily increasing. The single most likely culprit for the rising rates, experts say, is the fixation of dieting. "There are social pressures with how the western world views women," explains Miller. "Statistics show more white women experience eating disorders than do women of color. That may be a class and racial issue. And when women come to the US from other countries and become acculturated in an American setting, they have a greater tendency to start dieting."

But while the majority of members in LPPI's eating disorders group are women, men are welcome to participate, Travis says.

People with bulimia nervosa, the most frequent eating disorder, go on eating binges followed by purges — behavior such as self-induced vomiting and laxative abuse — to keep their weight down. The bulimic person has a preoccupying pathological fear of becoming overweight, is aware that the eating pattern is abnormal and frequently experiences feelings of self-recrimination.

Patients with anorexia nervosa don't lose their appetite, but rather refuse to eat or alter their eating patterns due to emotional states such as anxiety, irritation, anger and fear. Anorexic patients are obsessed with being thin and often starve themselves to dangerous levels despite become skeletally slim.

While the death rate among women diagnosed with anorexia is higher due to suicide or effects of severe weight loss, the outlook for bulimia is better with some 65 percent able to be cured with new therapy regimes.

Elaine Lonergan, coordinator of the outpatient group therapy program at LPPI, says "the treatment of choice" is a combination of cognitive behavioral work that tries to get the patient to establish healthy eating habits, and psychotherapy, which helps them identify, understand and deal with the underlying reasons for their eating disorders. In some cases, medication is prescribed. Most patients should allow for at least a year in psychotherapy to achieve results, she says.

Miller and several of her colleagues are planning to offer a four-session psycho-educational workshop in the ACC to help women gain control over food. A date hasn't been set yet, but the forum is tentatively planned for early to mid-February. For more information on the workshop, call 476-7080. For more information on joining the group, call Lonergan at 476-7442.

Prepare *(from page 8)*

service will give patients a one-stop place for their pre-op examinations and consultations.

Expected to serve some 40 inpatients and outpatients a day, the program will maintain a comprehensive database to assess the impact of the services provided, define ways to optimize patient care and minimize unnecessary delays in surgery, as well as to identify ways to assess and reduce patient risk.

Volume 11, Number 2 January 27-February 9, 1996

UCSF Medsounds

Page 1 ... Campus celebrates, debates racial/gender issues during MLK week

Page 1 ... UCSF could get $19 million with passage of Prop. 203 on March ballot

Page 3 ... Safer Sex website grows amidst increased Congressional scrutiny

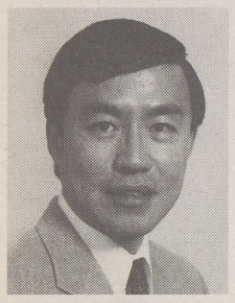
Psoriasis Center offers treatment choices

By REBECCA HIGBEE

While a cure for psoriasis is yet to come, researchers got a clue last year as to what causes the chronic skin condition.

Psoriasis researchers in 1995 broadened their understanding of the cause of the disease from being a skin cell disorder to an immunologic disorder. Researchers are now focusing their investigation on the activation of T lymphocytes as a central mechanism responsible for psoriasis, the National Psoriasis Foundation reports in its January/February 1996 issue.

Psoriasis is a non-contagious, chronic skin disorder that causes the skin to develop raised, rough, reddened areas covered with scales.



Koo

The rashes commonly affect the scalp, the back of the elbows and front of the knees, but patches may also develop on other parts of the body.

"In the most severe cases of psoriasis, lesions can blanket the skin from head to toe," says John Koo, UCSF dermatologist and psychiatrist, and director of the UCSF Psoriasis Day Treatment Center (PDTC).

Although psoriasis affects five million Americans — with 150,000 to 250,000 new cases diagnosed every year — the disorder is vastly misunderstood by the public, which can make social interactions awkward, says Pat McClelland, the head nurse at the center.

"The lack of education of the general public about psoriasis promotes unwarranted fears that psoriasis is contagious," she says.

Gayle Dietrich, a Concord homemaker with three adult children and four grandchildren, had never heard of psoriasis until 14 years ago. She now lives with it every day of her life. What started as a bump on her head grew so large it covered three-quarters of her body. "It was horrifying," Dietrich says, recalling her first bout with psoriasis.

Dietrich, 53, woke up one morning in 1982 with a strange thick, scaly lump on her scalp and immediately went to the dermatologist.

"It was much worse than dandruff, the skin would flake off in thick, white chunks," she says, adding that the itch was almost unbearable. The dermatologist recommended topical solutions and tar shampoos, but the psoriasis only worsened. After seven years of failed attempts to rid the disease, Dietrich was finally referred to the center at UCSF. Established in 1973, the PDTC was the first center of its kind in the US.

"When I went to UCSF, I looked like a snake woman," Dietrich recalls.

Stress spurs skin disorders

Koo wears two hats when he sees patients. As a dermatologist he assesses psoriasis patches and forms treatment plans. As a psychiatrist, he addresses the psychosocial impact of the disease on the patient.

"Stress can cause dormant skin disorders to flare," he says. "The proof is in the patients."

Koo cites examples, such as the overextended college student whose psoriasis would break out just before final exams, or the teenage fashion model burdened by a move to a new home and school and the worry of physical scars that could hamper her budding career.

For Dietrich, the stress of coping with a father dying from cancer only exacerbated the presence of disfiguring skin lesions, and having the skin lesions caused her to suffer from more stress.

"It was an endless cycle. I was depressed, irritable, and angry, and didn't want to be

(See **PSORIASIS** *on page 7)*

Two-drug treatment better for AIDS patients with blinding eye infection

By REBECCA HIGBEE

A combination of two antiviral drugs is more effective than either drug alone for controlling recurrence of a blinding eye infection common in people with AIDS, according to a national study reported recently in two journals.

UCSF took part in the national trial that was part of an ongoing clinical research project funded by the National Eye Institute, part of the National Institutes of Health.

"This study is an important advance in the treatment of cytomegalovirus (CMV) retinitis—a chronic, destructive eye infection that causes blindness if it is not controlled," says ophthalmologist James O'Donnell, principal investigator of the UCSF trial.

The national CMV retinitis study involved 279 patients with the eye infection who had been treated with either foscarnet or ganciclovir, but experienced a relapse and needed further treatment. For those patients who received both drugs, the CMV retinitis was controlled for about four months. Among those treated with either drug alone, the eye infection recurred in one to two months.

O'Donnell cautions that the two-drug therapy can be more expensive and takes longer, because each drug has to be administered separately. In addition, the side effects may be more difficult to tolerate than those with one drug alone, he says.

The virus that causes CMV retinitis can also infect the colon, lung and other organs of people with AIDS or other diseases that result in weakened immune systems. According to some studies, up to 40 percent of people with AIDS develop CMV retinitis, the most common cause of vision loss from the disease.

CMV retinitis is currently treated with twice-daily intravenous infusions of either foscarnet or ganciclovir for two weeks, followed by daily infusions which are usually continued for the rest of the patient's life. An oral form of ganciclovir which is available for long-term suppressive therapy.

LPPI offers help for eating disorders

By LISA CISNEROS

LPPI is recruiting people with eating disorders, such as anorexia and bulimia, to join an outpatient long-term psychotherapy group.

Langley Porter Psychiatric Institute is helping to fulfill a public mental health need at a time when state mental health services have curtailed care for women compared to men, and the incidence of eating disorders is increasing — primarily among females. Membership to the groups, where members listen and learn from each other, is possible either based on a sliding fee scale or through health insurance.

As state cuts during lean budget years have limited funding for public mental health care programs and managed health care has moved cost-cutting even further along, women have been disproportionately affected as the mental health system invests more on mentally ill men who exhibit aggressive, dangerous and violent behavior, according to Sandra Goodwin, executive director of the California Institute for Mental Health and author of the March 1995 report, "Women and Mental Health: Ensuring Access and Treatment in a Reformed System."

"A lot of women have said that there are very few resources for eating disorders," says Adam Travis, a third-year psychiatry resident at UCSF, who co-facilitates one eating disorders group with Elyse Miller, a social work intern. "They feel reassured that they are able to get the help and support they need in this group."

LPPI actually offers 22 weekly outpatient psychotherapy groups including mixed groups of men and women designed to help them recover from a number of ills from depression to sexual abuse as well as groups geared specifically for gays and lesbians.

Women are 10 times more likely to have eating disorders and twice as likely to develop depression (treatment for eating disorders often includes antidepressants based on the theory that depression can trigger anorexia and bulimia). A study of more than 2,000 female twins found a significant heredi-

(See **BULIMIA** *on page 7)*

Warning signs of eating disorders

Anorexia:

- Refusing to eat enough to maintain minimal normal weight for age, height and body type.
- Being afraid of gaining weight or becoming fat, even though that's not likely because the person is underweight.
- Denying the seriousness of being extremely underweight or having a distorted image of the body.
- Missing at least three consecutive menstrual periods because of being underweight.

Bulimia

- Eating large amounts of food or bingeing so that the person feels unable to control food consumption or to stop eating.
- Preventing weight gain by inducing vomiting, using too many laxatives, diuretics, enemas or other medications, or fasting or exercising excessively.
- Being unduly negative or having a distorted image about body shape and weight.

Enter contest to win $500 in cash

While the Ambulatory Care Information System (ACIS) was initially conceived as an integrated outpatient system to manage registration, scheduling, billing and managed care, the project was recently expanded to include admissions, discharges and transfers for inpatients throughout the clinical enterprise.

For this reason, the Clinical Enterprise Systems Advisory Board is sponsoring a contest to rename the project.

The contest is open to faculty, students and staff. The person who submits the best name, as judged by Suzanne Sullivan, Liz Hughes and Karen Dickinson, will win a $500 cash prize provided by members of the faculty and administration.

The deadline to submit an entry, to be written on one page with reasons why the name is appropriate for the project, is Friday, Feb. 16. Send entries to "Rename ACIS Contest," Box 0320. For more information, call Dickinson at 476-1464.

The information system will designed to be a catalyst and a tool for outpatient re-engineering. The system will be accessible to decentralized service sites and staff and it will be patient-friendly giving them one-stop shopping and ease of access to health care services at UCSF.

New program to prepare patients for surgery

The Medical Center will soon be starting a new service to better prepare both inpatients and outpatients for surgical and non-surgical procedures in one centralized location on Parnassus.

That location has yet to be determined, but what is known is that a team of doctors and nurses will work to ensure that patients are in the best possible medical condition for their procedure and that they are educated about the anesthetic and surgical or non-surgical techniques involved.

"Patients are far more sophisticated than they used to be," says anesthesiologist Jeanine Wiener-Kronish, who has been appointed medical director of the new service. "We want to let them know what to expect while they're here."

Wiener-Kronish, a member of the Department of Anesthesia at UCSF since 1986, will join two other full-time faculty members who are board certified in anesthesia and either internal medicine or pediatrics to staff the clinic. Four nurse practitioners and a nurse educator also will be recruited to be part of the program. Resident physicians will be trained in preoperative evaluation and consultation techniques.

"The staff will be chosen specifically to provide the appropriate medical evaluation for patients, to establish collegial working relationships with all referring physicians and to maintain flexibility in the evaluations of patients, so that the most cost-effective methods of evaluation will be used based on their patient's needs," explains Wiener-Kronish.

As part of its comprehensive restructuring of health care delivery, the new patient-friendly

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